

Public health advice – frequently asked questions

Are there any complications to Campylobacter Infection?

Most people who get campylobacteriosis recover completely within two to five days, although sometimes recovery can take up to 10 days.

Rarely, *Campylobacter* infection can result in complications. Some people develop arthritis. Others may develop a very rare disease called Guillain-Barré syndrome that affects the nerves of the body beginning several weeks after the diarrhoeal illness.

How do I know if I have complications from campylobacter?

If you have had a campylobacter infection you need to monitor how you are feeling during the next month. If you have any of the symptoms below, please seek a health care professional's advice immediately.

Symptoms include:

- Reactive arthritis - **Joint pain and/or sore eyes**
- Guillain-Barré syndrome - **Muscle weakness in legs, arms or face which get worse over the course of the day**

You can call Healthline 0800 611 116, contact their General Practice or visit after hours services to get a health professional's advice.

It is important that complications are identified early so seek a health care professional's advice as soon as you notice symptoms.

Also we would like to remind people affected by campylobacter that complications are rare.



Can secondary infection occur with campylobacter?

Secondary infections occur via person-to-person transmission. When there is an outbreak of campylobacter, secondary infections can occur when faeces (poo) gets into a person's mouth.

For example when you wipe your bottom you can have faeces on your hand, if this is not cleaned properly, this will be transferred to whatever you touch next.

If this is food whoever eats that food can become infected with campylobacter.

How do I stop secondary infection?

You reduce the number of secondary infections and help prevent spread of campylobacter by:

- Washing hands thoroughly by using plenty of soap, cleaning under fingernails, rinsing hands well and drying on a clean towel, particularly:
 - before and after preparing food
 - after going to the toilet or changing a baby's nappy
 - after caring for people with campylobacter
 - after playing or working with animals
- People staying at home for two days (48 hours) once they are free of symptoms (diarrhoea, nausea and vomiting) before returning to school or work

For further information visit [our website](#).

